

FITNESS CLASSES @ BNL

May - June 2013

www.bnl.gov/bera ext. 2873

ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES

Classes cannot be pro-rated. Your paid registration is needed to secure instructors.

Please make checks payable to BERA and mail to: Recreation Office, Bldg. 400A

AQUA AEROBICS – 8 week session - \$30 for 1x a week OR \$50 for 2x a week

5:30-6:30pm at the Pool, Bldg 478

Tuesday: May 7, 14, 21, 28, June 4, 11, 18 & 25

Thursday: May 2, 9, 16, 23, 30, June 6, 13 & 20

PILATES – 6 week session - \$30 for 1x a week OR \$60 for 2x a week

5:30-6:30pm Monday – Rec Hall, Bldg 317

Monday: May 6, 13, 20 (NO 27), June 3, 10 & 17

Thursday: May 9, 16, 23, 30, June 6 & 13

YOGALATES - 7 week session - \$35 for 1x week OR \$65 for 2x week

Choose any 7 classes on Monday or Thursday

12-1pm Monday & Thursday – Rec Hall, Bldg 317

Monday: May 6, 13, 20 (NO 27), June 3, 10 & 17

Thursday: April 25, May 2, 9, 16, 23, 30, June 6 & 13

ZUMBA – 8 week session - \$40 for 1x week OR \$75 for 2x week

Choose any 8 classes on Tuesday or Wednesday

Tuesday: May 7, 14, 21, 28 June 4, 11 & 18

12-1pm at the GYM, Bldg 461

Wednesday: May 1, 8, 15, 22, 29, June 5, 12 & 19

5:15-6:15pm at the Rec Hall, Bldg 317

POOL ~ GYMNASIUM ~ WEIGHT ROOM

BERA Sports & Clubs ~ Volleyball/Soccer/Basketball

<http://www.bnl.gov/bera/recreation/clubs.asp>

----- COMPLETE and return with your registration fee -----

2013 BERA FITNESS REGISTRATION – Aqua Aerobics, Pilates, Yogalates & Zumba!!

May-June 2013 ~ Proof of Medical Insurance is required for all Guests/Users

Activity: _____ Class Day: _____ # of Weeks _____

Name: _____
(Please Print)

BNL Life/Guest Number: _____ Building Number: _____

Phone Number: _____ Email address: _____

Emergency Contact and Phone Number: _____

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The following activities do not require registration:

\$ PAY AS YOU GO:

- **Kardio Kickboxing** - Mon & Thurs @ **12:15pm** in the gym, \$5 per class (Bldg 461)
Contact Recreation Office x2873

FREE, FREE, FREE:

- **Reiki Healing Circle** - contact Nicole Bernholc x2027
Thursday - 12 Noon - email berholc@bnl.gov for location
- **Tai Chi** - contact A. Rusek x5830 - *Great for balance and strengthening!*
Monday, Tuesday, Thursday & Friday @ 12 Noon at Brookhaven Center (Bldg 30)
- **Yoga** - contact Ila Campbell x2206
Wednesday - 12 Noon @ Brookhaven Center, North Room (Bldg 30)
[More Yoga class information](#)

Review the interesting opportunities offered by BERA Clubs:

<http://www.bnl.gov/bera/recreation/clubs.asp>

BERA Club information can be found at: www.bnl.gov/BERA

[POOL](#) ~ [GYMNASIUM](#) ~ [WEIGHT ROOM](#)
[BERA Sports & Clubs](#) ~ [Volleyball/Soccer/Basketball](#)
<http://www.bnl.gov/bera/recreation/clubs.asp>

BNL Ballroom Dance Club

Check our website at: <http://www.bnl.gov/bera/activities/dance/default.asp>

The Dance Series happens on Wednesdays at the Brookhaven Center North Ballroom beginning April 24, 2013.

The cost is \$45/person for the 6-week series. New beginners may try two classes before they pay for the series.

5:30-6:30 - Beginner Samba

6:30-7:30 - Advanced Beginner Int. Rumba

7:30-8:30 - Argentine Tango

Practice sessions are held on most but not all Mondays from 5:30-6:30pm in the North Ballroom at the Brookhaven Center. There is no formal instruction but music is provided. If you would like to attend, please contact: Vinita Ghosh (6226) ghoshvj@bnl.gov or Kathleen Tuohy (3845) tuohy@bnl.gov